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New president of The Church of Jesus Christ of Latter-day Saints, President Russell M. Nelson, announced the new First Presidency on Tuesday, January 16, 2018, to Latter-day Saints worldwide. President Nelson (center), President Dallin H. Oaks (left) and President Henry B. Eyring (right).

Russell M. Nelson

Named 17th Church President

Mormon Newsroom
The Church of Jesus Christ of Latter-day Saints

President Russell M. Nelson was announced as the 17th president and prophet of The Church of Jesus Christ of Latter-day Saints on Tuesday, January 16, 2018. The announcement was made by Elder D. Todd Christofferson of the Quorum of the Twelve Apostles during a live broadcast from the annex of the iconic Salt Lake Temple. He was sustained and set apart in the Salt Lake Temple on Sunday, January 14, 2018.

President Nelson, 93, succeeds President Thomas S. Monson, who passed away January 2, 2018. The new leader of a global faith of more than 16 million members has named President Dallin H. Oaks, 85, and President Henry B. Eyring, 84, to serve with him as his first and second counselors in the First Presidency, the Church's highest governing body. President Nelson also announced that M. Russell Ballard, 89, is the Acting President of the Quorum of the Twelve Apostles.

President Russell M. Nelson

Prior to his service as head of the Church, President Nelson served as a member of the Quorum of the Twelve Apostles since April 7,

1984. He was president of that quorum from July 15, 2015, until his call as the Church's leader.

An internationally renowned surgeon and medical researcher, President Nelson's professional work included the positions of research professor of surgery and director of the Thoracic Surgery Residency at the University of Utah and chairman of the Division of Thoracic Surgery at LDS Hospital in Salt Lake City.

President Dallin H. Oaks

President Dallin H. Oaks has served as a member of the Quorum of the Twelve Apostles since May 1984. He was president of Brigham Young University from 1971 to 1980, and a justice of the Utah Supreme Court from 1980 until his resignation in 1984 to accept his calling to the apostleship.

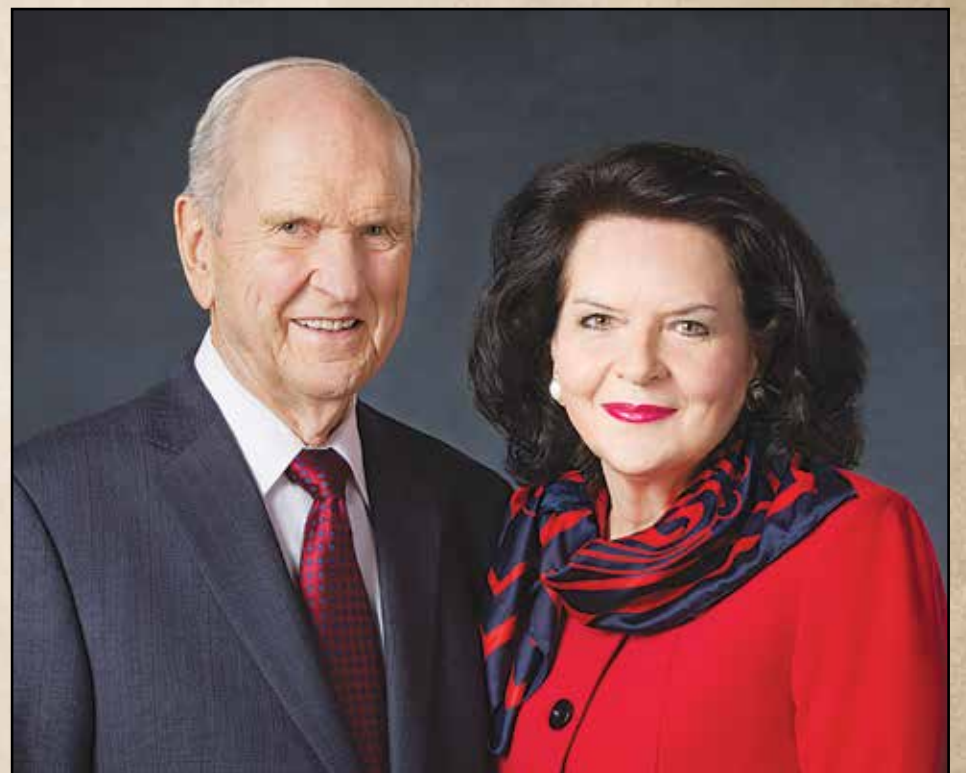
President Henry B. Eyring

President Henry B. Eyring served as a counselor to President Thomas S. Monson from 2008 to 2018 and to President Gordon B. Hinckley from 2007 to 2008. He was sustained as a member of the Quorum of the Twelve Apostles on April 1, 1995. Prior to full-time Church service, President Eyring was president of Ricks College in Rexburg, Idaho, from 1971 to 1977.

He was on the faculty at the Graduate School of Business at Stanford University from 1962 to 1971.

Acting President M. Russell Ballard
Acting President M. Russell Ballard has served as a member of the Quorum

of the Twelve since October 6, 1985. In 1976 he was called as a General Authority Seventy. Prior to his call as a full-time Church leader, President Ballard had interests in automotive, real estate and investment businesses.



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President Russell M. Nelson and his wife, Wendy Watson Nelson. © 2018 By Intellectual Reserve, Inc. All Rights Reserved.

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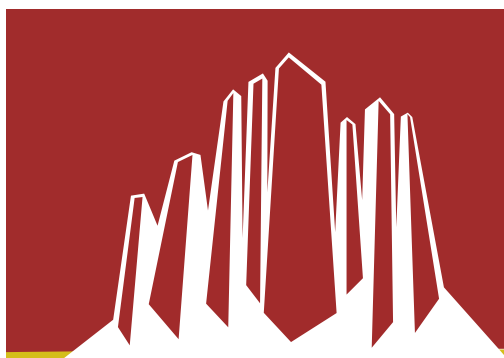
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WHAT'S THE BUZZ?

Mormonism As Media

The Brigham Young University 2018 *Mormon Studies Review Vol 5* is a forum titled "Mormonism as Media." In the Introduction, authors Benjamin Peters and John Durham Peters describe a "Mormon movement" that "has used many kinds of media, modern and ancient alike, to preach the gospel and perfect the saints. From pamphlets, choirs, and manifestos to visitors centers, filmstrips, and websites, the history of the global correlated church is inseparable from mass media."

Peters and Peters then define the origins of our modern use of the word *media*. Derived from the word *medium*, it wasn't until after 1900 that the term *media* came to be defined as "the agencies of mass communication. Before then a *medium* bore light, truth, heat, or magnetic force. The older, elemental meaning of *medium* has found resonance today when so much of our lives is digitally governed..."

I am sure these scholars would also include *The Arizona Beehive* on the list of the many kinds of media used to move along the Mormon Movement! And why not? As you will read in this issue, *The Arizona Beehive* was founded five decades ago by the Taylor Family as a simple yet effective and loved Relief Society newsletter. Today it flourishes as a conduit to our LDS community.

As a few of you will recall, back in 1975, the most efficient technology available for disseminating *The Beehive* was the mimeograph machine. (Can you still smell the fragrance of a freshly "run-off" copy of a mimeographed page?) Today, while printed paper remains an integral part of how we receive and pass along media, smart phones, tablets, lap tops, social media and apps drive all communication in digital form. We endeavor to utilize all such media to provide LDS light, truth, heat and positive force.

Peters and Peters suggest that "a more complete Mormon media curriculum might highlight ... public and private spectacles like pageants and seer stones, sites of worship and service such as tabernacles and temples, the various channels by which Mormon modernity has expended its messages from the Erie Canal (the economic boom that brought the Book of Mormon into print) to the Mormon Channel ... from Joseph Smith's celestial bookkeeping to the embarrassingly bad (the author's opinion, not necessarily the opinion of *The Arizona Beehive*!) film *Johnny Lingo*. Each offers a medium with a new story to tell."

We hope that you continue to enjoy the medium and media known as *The Arizona Beehive* as we bring you new stories to tell about Mormonism and the Latter-day Saints that make up our marvelous community!



Michael O'Brien
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President Monson Honored for Legacy of Love, Service

Mormon Newsroom
The Church of Jesus Christ of
Latter-day Saints

Tens of Thousands View Funeral Worldwide

Thousands of people gathered in the Conference Center on Temple Square in Salt Lake City on Friday, January 12, 2018, for the funeral of President Thomas S. Monson who died in Salt Lake City January 2, 2018, at age 90 from causes incident to age.

“Our sorrow is assuaged by the Atonement of the Lord Jesus Christ. His bitter cup makes our bereavement bearable,” said President Russell M. Nelson, then president of the Quorum of the Twelve Apostles.

“President Monson never sought the limelight,” said President Nelson. “In a world now saturated with ‘selfies,’ he modeled selflessness. ... He gave his own time to visit, bless, and love others. Even in his waning season, he continued to minister, making frequent visits to hospitals and senior centers.”

“My heart is drawn out to his family and to all who mourn his passing.

There are millions of people across the earth who share that sense of loss,” said President Henry B. Eyring, who served as first counselor in the First Presidency under President Monson.

“Thomas S. Monson was a man for all seasons, truly a spiritual giant,” said President Dieter F. Uchtdorf, President Monson’s second counselor. “President Monson was truly a prophet for our time. He abounded in knowledge, faith, love, vision, testimony, courage, and compassion — leading and serving never from a pedestal, but always eye to eye. He had a special place in his heart for the poor and the needy,” he said.

“I am profoundly grateful for my father and the legacy he created — a legacy of love and service,” expressed his daughter, Ann M. Dibb, who spoke on behalf of the Monson family. “Although he was a prophet, my father knew he was not perfect. With all his heart, he humbly relied on and tried to be like our Lord and Savior, Jesus

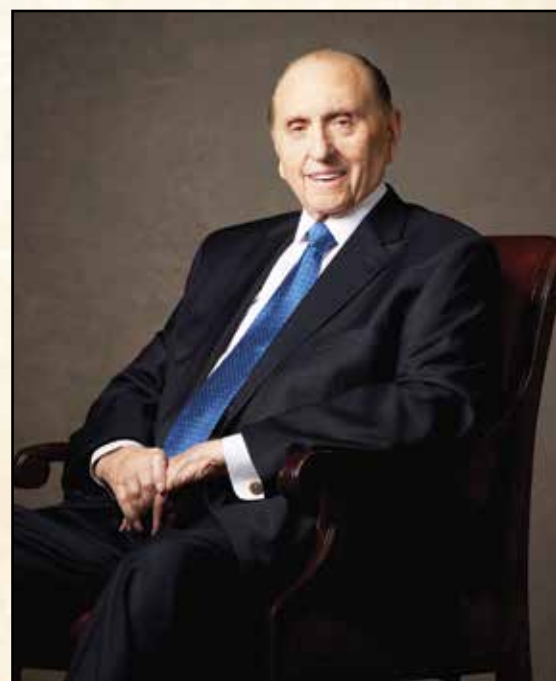
Christ.”

Sister Dibb was often by her father’s side, a promise she made to her mother, Frances, before her passing in 2013.

President Nelson said the prophet’s influence has been felt by millions of people around the world. “We are all better because of him. And the Church is better because of him. He leaves a legacy of growth. Since his ordination as an Apostle in 1963, Church membership has risen from 2.1 million to nearly 16 million.”

From the time that President Monson was called as an apostle, the missionary force has grown from 5,700 to nearly 70,000 and the number of temples has risen from 12 to 159 operating temples with more under construction and announced.

The funeral was conducted by President Eyring. Music was provided by the Mormon Tabernacle Choir.



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President Thomas S. Monson (1927 - 2018).

President Monson is survived by his daughter, Ann M. Dibb, and sons, Clark S. Monson and Thomas L. Monson, as well as eight grandchildren and 12 great-grandchildren.

His burial was at the Salt Lake City Cemetery.

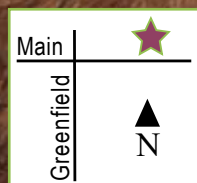
President Monson became the 16th president of the Church February 3, 2008, following the passing of President Gordon B. Hinckley. He became an apostle in 1963 at the age of 36 and served as a counselor in the First Presidency under three Church presidents for more than 22 years.

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The Beehive's "Good News" Legacy Continues Into New Chapter

By Cecily Markland Condie
The Arizona Beehive

Calling to write a ward Relief Society newsletter eventually led to the *Beehive Newspaper*—the longest running and largest private Latter-day Saint-focused regional newspaper in the world. Now, the *Beehive* opens a new chapter, with a new owner and publisher and a renewed focus on spreading “good news” across Arizona.

The idea for the *Beehive* came in 1975, when Richard and Charlene Taylor were living in the Las Vegas 9th Ward and she was called to produce a Relief Society newsletter.

“The newsletter became an enormous success,” Charlene said. Not only were the sisters eager to read it, they continually sought Charlene out with story ideas or events they wanted her to report.

Richard said they saw the need and thought, “Why not start a newspaper in the Las Vegas area for the fast-growing Mormon population? A newspaper for and about Latter-day Saints. A newspaper that would let every reader know about upcoming events and the good deeds being performed by Church members in the Las Vegas Valley.”

With four children in junior high and high school and as owners of the second largest burglar alarm company in Las Vegas, the Taylors had very little spare time to run a publication. Still, they recognized the value of an uplifting, positive, “good news” newspaper.

After much thought and prayer, and after preparing a four-page mockup that they showed to the stake presidents in the area to gauge their support, the Taylors printed their first copy of the *Beehive*, an 8-page black and white publication, with no paid advertisements. Under the basic *Beehive* logo were the words, “The Good News Newspaper,” a caption that remained on the masthead for over 25 years.

The Taylors loved watching the paper grow, working with the help of their oldest daughter, Tamara, to publish the evolving paper.

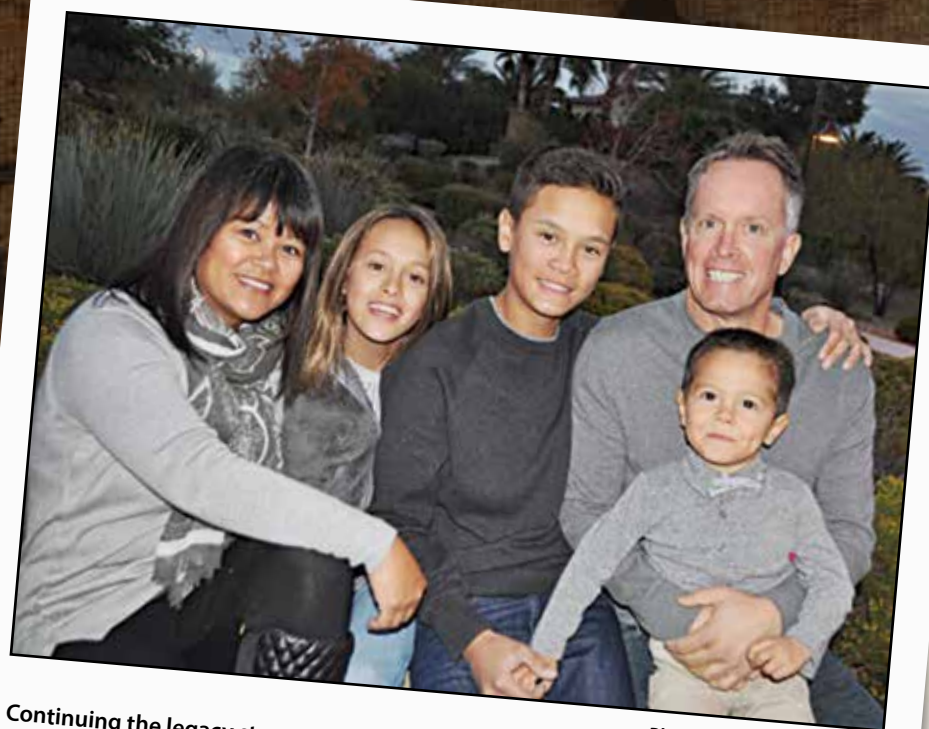
“I loved writing stories, taking pictures and talking with Church

members,” Charlene said. “We even got to interview apostles and attend and report from General Conference meetings in Salt Lake. But the best part of all was when we would get a phone call or a letter telling us that someone had had their testimony strengthened by something they read in the *Beehive*.”

In 1990, when fibromyalgia made it impossible for Charlene to continue with the many hours required to produce the *Beehive*, their oldest son, Russell, offered to keep the legacy going. Having just returned to Las Vegas after completing an MBA at Cal Poly San Luis Obispo, Russell moved immediately to increase the scope of the paper’s news coverage and distribution, and to expand its sales force, bringing on Linda Leavitt (now Hartmann) who was working in Las Vegas at the time.

Three years later, when Linda felt she needed to move back to Arizona, she proposed the idea to Russell of starting an Arizona *Beehive*. With 300,000 members then in Arizona, it didn’t take long for Russell to see the possibility for success.

Russell noted,



Continuing the legacy started in 1975 by his parents, Richard and Charlene Taylor, Russell and Amie Taylor, shown with their children (l to r) Malea, Shane and Jake, published the *Beehive* “good news” newspaper since 1990.

Photo courtesy Amie Taylor

“The sole reason there is a *Beehive* newspaper in Arizona is because of Linda Leavitt Hartmann. She is a special person, who was able to make an LDS newspaper work in a state that had seen at least four other newspapers fail.”

Since the first edition in October 1993, the Arizona *Beehive* has seen many changes. Marsha Ward, who served as the paper’s editor for the first five years, was relieved of her duties in the late 1990s to care for her husband who was battling terminal cancer. Cecily Markland (now Condie), a seasoned reporter and editor, assumed the duties as the *Beehive* editor and continued in that capacity for over 20 years, writing a number of articles and a column for each issue, and overseeing 10 freelance contributors to the *Beehive*.

Because of health issues, Linda Hartmann left the *Beehive* in 2014 and Cecily, who remarried in 2015, stepped down as editor at that time.

Russell had sold the Nevada *Beehive* in 2002 to concentrate his efforts on the Arizona *Beehive* and to share more family time with his new wife, Amie. The next year, he turned his attention to his career in commercial and residential real estate and Amie took over the responsibilities for the *Beehive*. Amie, who is originally from Myanmar (formerly Burma), is a 1997 gradu-

ate of Claremont McKenna College and is a convert to the Church. She was baptized by her husband in 2003.

Over the years, in addition to highlighting countless acts of service and individual accomplishments, the *Beehive* has chronicled the growth of the Church in Arizona, including stories about the announcement, construction and dedication of temples in Snowflake, the Gila Valley, Phoenix, Gilbert and Tucson and the upcoming remodel of the Mesa Temple, as well as the formation of six Young Single Adult Stakes, and new Institute buildings in Glendale, on the ASU campus in Tempe, and on the ASU Polytechnic Campus in Mesa.

The *Beehive* has published a number of articles about projects conducted as part of Make a Difference Day and Just Serve efforts, as well as missionary experiences and conversion stories, and a story about two new missions that opened in Arizona.

“The greatest reward serving as publisher of the *Beehive* was publishing positive, uplifting stories when there is so much negativity in all forms of media,” Russell said. “I am very proud that Amie and I carried on my father’s wishes for an uplifting newspaper for so many years.”

Now, with Michael O’Brien assuming ownership and leadership of the *Beehive*, Russell added, “Amie and I are very excited to see what becomes of the *Beehive*. Michael has a wealth of experience and knowledge in the publishing industry, but more importantly, has the drive to take the *Beehive* to the next level and expand its reach to more LDS members and non-members, publishing ‘good news’ in a world of divisiveness and negativity. We hope my father and mother’s *Beehive* legacy will continue for many more decades.”



Photo courtesy Amie Taylor

The original *Beehive* founders, Richard and Charlene Taylor (pictured above), with their oldest grandchild, Mia Leigh-Diero, in a photo from a 1993 LDS bookseller’s convention in Salt Lake City, UT. Richard Taylor passed away in Las Vegas, NV, in March 2011, while Charlene Taylor still resides there.

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Welcome Home!

BYU Young Ambassadors Bring Big Heart, Big Talent to Arizona

By Merry Gordon
The Arizona Beehive

For over 40 years, Brigham Young University's Young Ambassadors have been circling the globe to bring the best of American musical theatre to fans around the world. In February, the performing arts group will sing and dance their way through Arizona to tour their musical revue.

The Young Ambassadors last appeared in Arizona in 2010.

The group's current production, *Welcome Home*, is a 90-minute "melodic kaleidoscope of family fun . . . [delivering] dynamic choreography, colorful costumes, and a lineup of international hits and popular Broadway show tunes, including songs from Ed Sheeran, the Beach Boys, Rascal Flatts, Frank Sinatra, *Hamilton*, *Footloose*, and *The Wizard of Oz*," according to a recent media release. The production's ambitious repertoire spans decades of the greatest songs American music has to offer.

An "upbeat scrapbook of cherished memories," *Welcome Home* celebrates the family through the American musical: "Home, for many lucky families, is that safe haven from this crazy, fast-paced, and sometimes un-welcoming world."

The current team of musicians and twenty singers/dancers are assisted by a nine-person technical crew and will tour with their ten-piece live band, lending dynamism to songs like Lin-Manuel Miranda's "Yorktown (The World Turned Upside Down)" from the smash hit

Hamilton, classics like "Basin Street Blues," as well as Top 40 tunes like Ed Sheeran's "Thinking Out Loud."

Standards like "Singin' in the Rain" and "Route 66" alongside lesser-known pieces like "Show Off" (from the musical *The Drowsy Chaperone*), and "Welcome" (from the animated film *Brother Bear*) appear in the show's 30-song catalogue.

"We are truly impressed by the BYU Young Ambassadors' impeccable performance," says Rutorn Nopakun, President, Rotary Club of Bang Rak, Thailand. "I have been ransacking my brain to find the right words to describe my own impression but I do not think I have found them. So let me just say that the show was absolutely unforgettable, extraordinary, and amazing."

The group toured South Africa in 2016 to wide acclaim. Port Elisabeth's Michael Simmons says, "The production was a sheer delight from the moment it opened with the band and then to be bowled over by the energy, the costumes, the dancing, and vibrant colour and the most beautiful chorus work and the soloists who were of the highest standard and who could most definitely be on the Broadway stage."

The Brigham Young University School of Music, along with the Department of Dance, produces the Young Ambassadors. Called "unofficial ambassadors for the United States" by Gregory J. Newell, former U.S. Assistant Secretary of State for International



Photo by Jaren Wilkey/BYU

Ellora Latin and Benjamin Raymant in the number 'Seattle.' Young Ambassadors members performing in the number 'Seattle.'



Photo by Jaren Wilkey/BYU

From left to right: Breearna Mandla, Caleb Allred, Hannah Pyper, and Preston Taylor performing in *Welcome Home*.

Continued on pg. 10



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BYU Young Ambassadors Continued from pg. 8

Organization Affairs, the Young Ambassadors have entertained foreign dignitaries such as the Jordanian royal family, the queen of Thailand, and the Indian prime minister.

Since their inaugural international performance at Japan's Expo in 1970, they have visited over fifty countries and played at the 2002 Winter Olympics. Extended tours of Brazil, South Africa and the Indochina Peninsula played to large and enthusiastic crowds in the past few years.

Former cast members include such luminaries as Miss America 1985, Sharlene Wells Hawkes, and country music band Diamond Rio's keyboardist, Dan Truman, as well as Christeena Michelle Riggs and Candese Marchese, both Broadway performers.

"Being on Young Ambassadors was the most well-rounded, wonderful experience of my life," says Dan Truman. "With them, we weren't just entertaining people—we were sharing a message and had a serious commitment to our work."

The performers are headed by Randy Boothe, artistic director of Young Ambassadors for nearly 40 years, and former director with Walt Disney Productions, the Polynesian Cultural Center in Hawaii, Showcase Hawaii and the Polynesian Dance Ensemble. Boothe directed the 2002 Winter Olympics Light of the World

performance and the 1997 sesquicentennial celebration performance of *Faith in Every Footstep*. He currently serves as BYU's executive producer of performing arts and an associate dean in the College of Fine Arts and Communications.

Boothe is joined by Eric Hansen, a veteran of the performing group's live band, who now serves as Young Ambassadors' show band director and music producer.

"It is a deep joy and privilege for me to now be one of the directors, and particularly to be able to

once again serve on the front lines of actively sharing the image, message, stature, and values of BYU to the world," says Hansen.

In addition to their touring programs, the BYU Young Ambassadors visit local and regional schools to perform and offer workshops for students. A five-day musical theatre camp offers participants the opportunity to get "small-group instruction from experienced entertainers as you strengthen your performance abilities and develop proper technique in dance, voice, and stage presence, all while gaining more confidence as a performer."

BYU's Young Ambassadors also participate in outreach performances at rest homes, care centers and hospitals, and service projects. A partnership last year with the Mormon Helping Hands project, for example, had members delivering kits to mothers of premature



Photo by Jaren Wilkey/BYU

Taylor Stanger performs a midair split in "Shoeless Joe from Hannibal, Mo."



Photo by Mark A. Philbrick/BYU Photo

Young Ambassador photo shoot on Marriott Center stage before Homecoming Spectacular.



Photo by Jaren Wilkey/BYU

Hannah Pyper performs "Once Upon a Time" from the musical *Brooklyn*.

babies at a Hospital in Recife, Brazil.

The current Young Ambassadors team boasts varied and impressive resumes amongst its members—many have toured with the group to Brazil, Zimbabwe, and South Africa, and some have served as performing missionaries in Nauvoo. While many team members are majoring in the performing arts, others are studying human development, social science, and bioinformatics.

Jessica Jensen, a BYU dance major, summed up her participation with the Young Ambassadors on a recent Instagram takeover post: "One year before I started YAs was the first time I sang in front of people in a talent show with the students at the Jerusalem center

where I was studying. How did I get here?...don't know, but sure glad I did!"

The BYU Young Ambassadors will begin their Arizona tour in Prescott on February 10, followed by performances in Holbrook and Thatcher on February 13 and 14. On February 15, they'll hit the West Valley for a performance in Glendale, and then conclude in Chandler and Queen Creek February 16-17. Ticket prices are in the \$10-\$20 range. More information and performance times can be found at <https://pam.byu.edu/group/young-ambassadors/?P=performance-schedule>.

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By Heather Kidder
The Arizona Beehive

Spread Love By Spending Time Together

Valentine's Day lends an air of love to the entire month of February. In the October 2010 session of General Conference, President Uchtdorf advised families to show their love for one another by spending time together. For those families with tight budgets, below are four **FREE** ways to show your love. The final highlight is more pricey for larger groups, but if planned well won't be a budget-buster. Plan to spend a little extra time together to build loving memories.

#1

Phoenix's Art Exhibits

The city of Phoenix hosts a First Friday Art Walk each month. This is a wonderful opportunity to spend time riding the trolley (free) and viewing the work of local artists. Venture downtown the first Friday of every month. The art exhibits are reading for viewing at 6 in the evening and pack up at 10. On these special Fridays, the Heard Museum, which promotes Native American artwork, is free.

Downtown Phoenix
Free

#2

Mesa's Historical Airport

For children who love airplanes, the Falcon Field Airport is a wonderful observation location. This historical airport in Mesa allows families to watch planes take flight and return. The airport has a visitor's center filled with information for aviation lovers and inquisitive minds. Their associated Falcon Field Park offers a beautiful area for picnics or playdates.

4800 E Falcon Dr, Mesa
Free

#3

Mesa's Free Country Dance Lessons

Looking to learn something new with your spouse? Denim and Diamonds in Mesa offers free dance lessons on Wednesday and Saturday Nights. The dance lessons start at 6:30 in the evening. This is a great opportunity for a cheap date night! Bond with those you love by spending time learning some new country dance moves.

7336 E Main St, Mesa
Free

#4

Queen Creek's Skate Park

For families who love to rollerblade, scooter, skateboard, or ride anything with wheels, time spent at the Queen Creek Skate Park will be worthwhile. This location has a grassy park with a play area alongside the cemented skate area. The skate park is free, allowing families to come as go as they please.

Ocotillo & Ellsworth Rds,
Queen Creek
Free

#5

Gilbert's Game Center

This experience is pricey, but for smaller families, or couples looking for something different to try, FlipSide in Gilbert is the place to go. FlipSide fun center offers bowling and arcade games along with some unique experiences such as miniature bowling, a gymnastics blast pad, and a laser maze. Purchasing an experience package is about \$22 a person. However, arcade and single activity prices vary. The facility offers family specials and discounts on arcade money (such as getting a five dollar bonus for spending twenty-five dollars in the arcade).

4874 S Val Vista Dr, Gilbert
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Falcon Field Park in Mesa

Photo by Yelp



First Friday Art Walk in Phoenix

Photo by VisitArizona.com



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A Lover Of Words

Helen Schlie Passes on Love for Learning and Life

By Cecily Markland Condie
The Arizona Beehive

Helen Spencer Schlie, who died Christmas morning, at 94, was herself a lover of words. Yet, words hardly sufficient to describe the legacy she left, the good that she did, and what she meant to all who met her.

Somewhat of an icon as a published poet, music lover, artist, businesswoman and bookstore owner, she was known for her ready smile, listening ear, tidbits of knowledge, skills for networking and bringing people together, love for her family, strong testimony of the restored gospel, enduring energy, unending stream of ideas, and overwhelmingly positive attitude.

At 90, after a full day's work at her Old and Rare Bookstore, Helen had said, "I feel I want to accomplish more, to wrap up everything I've been dreaming of doing."

Born in Dearford, Michigan, she was the oldest of six girls and one boy. As a young girl, because her mother was not well, she lived with her grandparents and Aunt Belle, where her love for books began nearly nine decades ago.

"I've been reading all my life," she said. "At five, I'd sit on a stool in the barn and read books

while my grandfather was milking."

Music also became important. All through junior high and high school, she played the piano and clarinet and sang in the school chorus and various church choirs. In her later years, one of Helen's favorite things was to walk the "224 steps" from her front door to the Mesa Temple to play the organ there.

Helen also took pride in being invited several times to participate in the Mesa Veterans Day parade as one of the last living World War I widows. She and her husband, Walter, were married in 1955.

Helen joined the Church in 1961, after she and Walt took a cross-country trip and stopped at Temple Square in Salt Lake City, where, Helen said, "I got answers to questions I'd had for so many years."

"Joining the Church gave focus to my whole life," she added. "My testimony still brings tears to my eyes."

Walt joined the Church five years later, after retiring and moving to Mesa, where they opened the Mesa Temple View Book and Supply. They ran the bookstore together until 1990. During that time, they came into an original copy of the Book of Mormon that they let bookstore patrons hold and read from.



Photo courtesy of Terry Lester

Helen Schlie, who passed away on Christmas morning, at 94, opened her third bookstore at 87, where she shared her love for learning and for the gospel with all who passed her way.

Later, when the Church indicated they didn't want it, Helen sold individual pages from the book, encased in museum-quality glass.

Helen's love for words was evident to the end—in the hundreds of books that lined her shelves, the moving and insightful poetry she wrote and often quoted and in her sharing the scriptures she loved, including passing out more than 300 copies of the Book of Mormon.

However, more than words, Helen loved the people they were meant for—especially her daughter, Alnita, her 4 grandchildren, 16 great-grandchildren and 7 great-great-grandchildren—and her many friends and admirers.

"People are so wonderful," she said. "Life is so wonderful. I just love every minute of it."

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Small But Mighty!

Yasser Sanchez Helps Immigrants Achieve The American Dream

By Parker Sappington
The Arizona Beehive

The Sanchez Immigration Law office makes people feel welcome, with an atmosphere of genuine care for all seeking legal advice regarding immigration to the United States.

It becomes clear why such an atmosphere exists once Yasser F. Sanchez enters the office. "I love the Gospel," he says, "and I love America."

Having come from an immigrant family who later converted to the Church of Jesus Christ of Latter-day Saints, Sanchez went on to graduate from Brigham Young University. He then completed law school at the J. Reuben Clark Law School. While there, he served as president of the Student Bar Association and president of the Latino Law Student Association. He currently serves on the Alumni Board as the Annual Alumni Giving Chair for BYU Law.

After working at a prominent law firm for a couple of years, Sanchez opened up his own practice in 2010.

Sanchez helps people from all walks of life start their own individual journeys in achieving the American Dream, just as he himself has.

"We love immigration law, as we help families stay together," he states. "We help people navigate a very complex system the whole way through. Immigration is set up in a way to be difficult for immigrants."

Sanchez's immigration focus means that the firm is knowledgeable with issues such as the DREAM Act, temporary visas, deportation defense, and natu-

ralization.

Sanchez Immigration Law Firm has been noted in multiple magazines, having been ranked among the top ten immigration law firms in Arizona, and the highest-rated immigration law firm in the East Valley. Sanchez has won multiple awards and honors as an attorney, including an Avvo rating of superb and recognition in The National Trial Lawyers: Top 40 under 40.

Although well known, Sanchez likes to keep the firm "small but mighty" as a force for doing good in the community. He has orchestrated multiple important projects for the Church under the direction of the Humanitarian Department. Sanchez also often travels around the state and nation as a presenter in clinics, workshops, and conferences regarding immigration.

Outside of practicing law, Sanchez, his wife Emily Romney Sanchez (from Thatcher, Arizona), and his children are actively involved in supporting the non-profits Unidos por Libertad and MeHug Foundation.

Unidos for Libertad helps immigrants to learn English and self-sufficiency. MeHug Foundation helps families with children with special needs to receive needed financial and social support.

Yasser Sanchez is a man who knows how to love and to be himself, thus allowing him to help serve the many that leave his office with a brighter future and a reachable dream.

Sanchez states, "This nation has given me everything. I must do my best to help the best from around



Photo Courtesy Yasser Sanchez

Yasser Sanchez, at his office near Main and 1st Ave. workshop in Mesa, AZ



Photo Courtesy Yasser Sanchez

Brother Sanchez speaking at a local workshop in Mesa, AZ

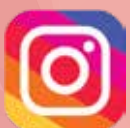
the world to make this their home."

Sanchez Immigration can be reached at (480) 275-2407, and is located in Mesa at 110 S. Mesa Dr. #2.

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Trust, Learn, and Obey —Make The Most Of The MTC

The Missionary Training Center (MTC) is a hallowed place where missionaries experience spiritual, emotional, and intellectual growth as they strengthen their personal relationship with their Heavenly Father, and use the scriptures

as their textbooks.” – President and Sister Martino, Provo MTC

All missionaries should enter the Missionary Training Center (MTC) expecting to grow. The whole campus is dedicated to the service of the Lord.

Wherever you are on arrival, you will come out changed. As Sister Rebekah Harkleroad of Escondido, California, points out with a sheepish smile, “Humility is a Christ-like attribute.” Of all places to be humbled, the MTC is best.

The first step of growth is recognizing weaknesses, and all missionaries who arrive eager to learn will be humbled.

“You will feel low, but it’s important to remember to get to your next level, not your companion’s or anyone else’s,” says Sister Bridgett

Jensen of Kaysville, Utah.

Learning is easier when you focus on developing trust and confidence in Heavenly Father. This is a lifetime pursuit, though many returned missionaries believe the MTC is an intensive course. This is the journey every convert takes, and your experience will strengthen your testimony.

“Don’t stress,” says Sister Jensen. “Trust, learn, and obey.”

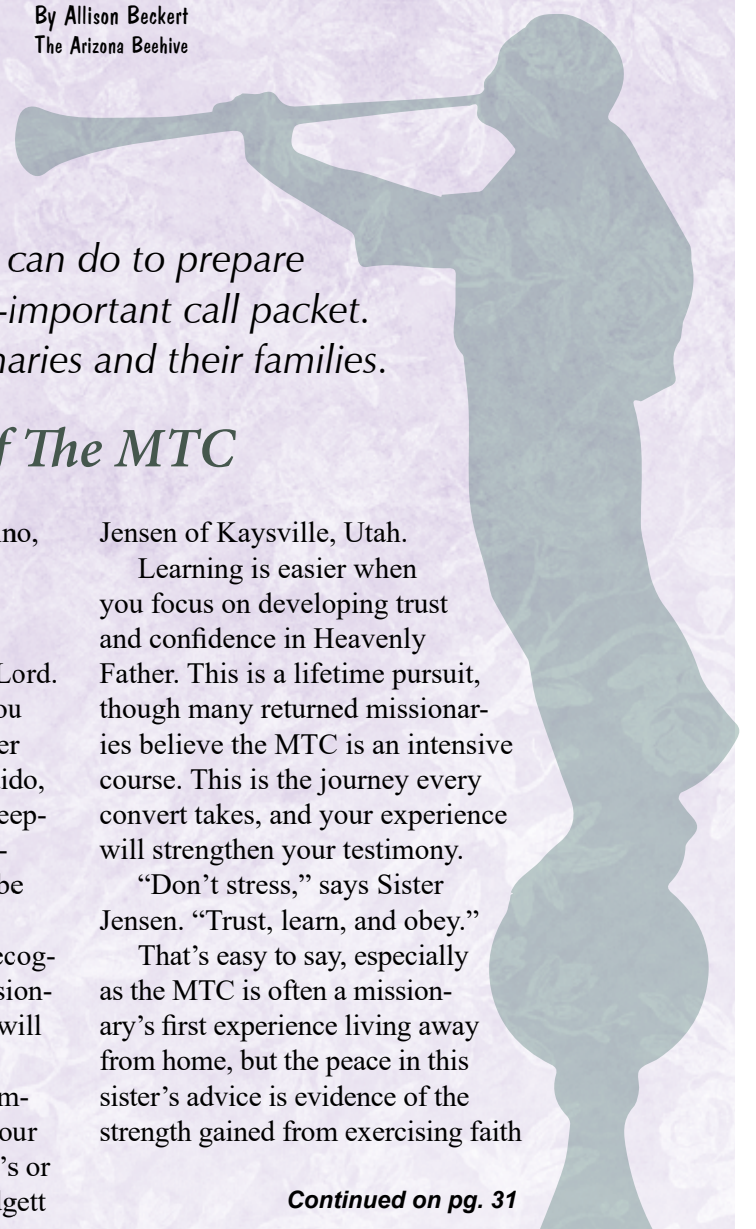
That’s easy to say, especially as the MTC is often a missionary’s first experience living away from home, but the peace in this sister’s advice is evidence of the strength gained from exercising faith



Provo, UT MTC

Photo by Mormon Newsroom

By Allison Beckert
The Arizona Beehive



Continued on pg. 31

Dr. Paul R. Sandstrom

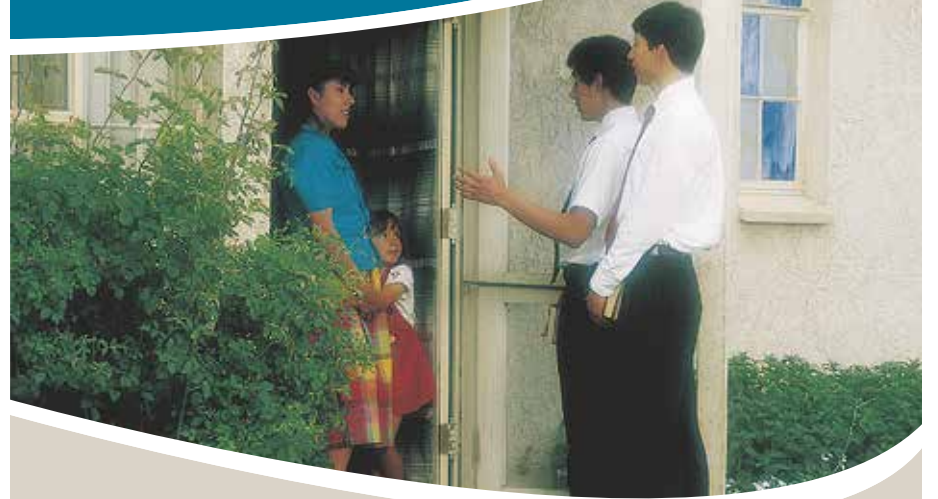
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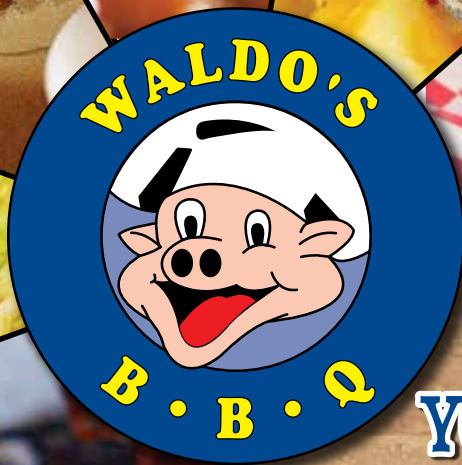
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The Struggle Is Real

Partners In Recovery Mental Health Clinic Opens in Gilbert

By Emily Jex Boyle
The Arizona Beehive

Our nation faces some unique health challenges—not least of all, the stigmatizing of mental health issues. Clinics such as the recently opened Partners In Recovery (PIR) clinic in Gilbert are not only facing the stigma, but improving lives.

In October 2017, PIR and Marc Community Resources (MARC) announced a value partnership, working closely to enhance the quality and delivery of care to mental health patients. This new clinic is evidence of this collaboration as well as partnership with Genoa Pharmacies.

The mental health client population in any community is relatively small. However, they accrue a high cost. There is a movement in our nation seeking to not only curb these high costs, but also raise sufferers' quality of life. More clinics nationwide offer clients full-service care

like PIR.

This clinic is the fourth of its kind in Arizona.

What services does the clinic offer? Imagine going to a primary care physician's appointment. Most appointments often require bloodwork and other lab tests, along with follow-up prescriptions. Taking care of these extras can be a daunting task for some, especially those with mental health challenges. PIR's on-site pharmacy and laboratory ensure that a client can fill various needs all at one location. Patients can also receive prescriptions free of charge by mail.

The clinic further offers clients access to several psychiatrists, a benefits coordinator, a housing specialist, a transportation coordinator, and full-service case management. MARC partners with the clinic for counseling.

But the benefits don't end there.

Other amenities offered at the clinic



Photo courtesy of Kyle Clonts

Kyle Clonts, PharmD, is the pharmacist at the new PIR clinic, pictured here at the grand opening with his wife Jessica Clonts, and children Oliver and Madelyn.

include large rooms for various support groups and life skills instructions, a gym, and a kitchen. Clients may participate in weekly yoga classes. They can attend substance recovery groups, or cooking classes for various experience levels. There is even a class for patients who want to learn how to shop smarter.

Additionally, MARC offers free training for lay ministers. This is a place to which bishops can refer members of their congregations who struggle with mental health.

Clients at the new PIR clinic must be eighteen and older as well as meet certain criteria related to Medicaid.

Working with clients who, on average, live twenty-five years less than people without mental health issues, the PIR clinic is truly aimed at increasing their quality of life.

Partners in Recovery Gateway Health & Wellness is located at 5222 E. Baseline Road in Gilbert. 928.684.513. www.azpir.org

Marc Community Services: www.marccr.com

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FHE Corner

Ring In the Christ

Jesus Christ invites us to come unto Him—to use our time in ways that will make us more productive, more joyful, and more free. These Family Home Evening ideas are meant to help families engage the Savior and each other in support with worthy goals.



Photo by Robin Finlinson

How will we choose to use our time this year?

FHE Lesson Ideas that Teach Us to Accept Disabilities and Embrace Possibilities

1. MAGNIFY STRENGTHS!

- Read Moroni 7:12, 13 & 25; Articles of Faith 1:13; Alma 50:20 and 2 Nephi 28:30.
- Brainstorm about each other's talents/strengths.
- Have all family members choose one that they are most passionate about developing.
- Write down each person's chosen strength.
- Discuss and make note of how the rest of the family can give support.

2. LET GO!

- Read 2 Nephi 2:27-28; 1 Nephi 8:8; Matthew 7:7 and 11:28-30; Mosiah 24:13, 14; Moroni 10:32, 33; and Doctrine & Covenants 50:23-25.
- Encourage family members to let go of personal gravity sites—those places in our minds that strap us to earthly vices, bitterness, sorrow, etc. Though some disabilities and losses are meant for us to deal with throughout mortality, the Savior can help all burdens feel lighter. He can relieve us of grief they have brought. How grateful we will be when all is well at last!

- In 1850, the English poet Tennyson offered words that can inspire this pursuit. They are from the 106th canto of his extensive poem, *In Memoriam*, which was written after the death of a dear friend, and took 17 years to complete. When a new year begins, we often sing Tennyson's words, now as Hymn #215, "Ring Out, Wild Bells." Read or sing all 3 verses. If you play or listen to Crawford Gates's musical accompaniment, notice the change of the very last note. It's called a picardy third. The song is in a melancholy minor key, but when singing for the second time Tennyson's exhortation to "Ring

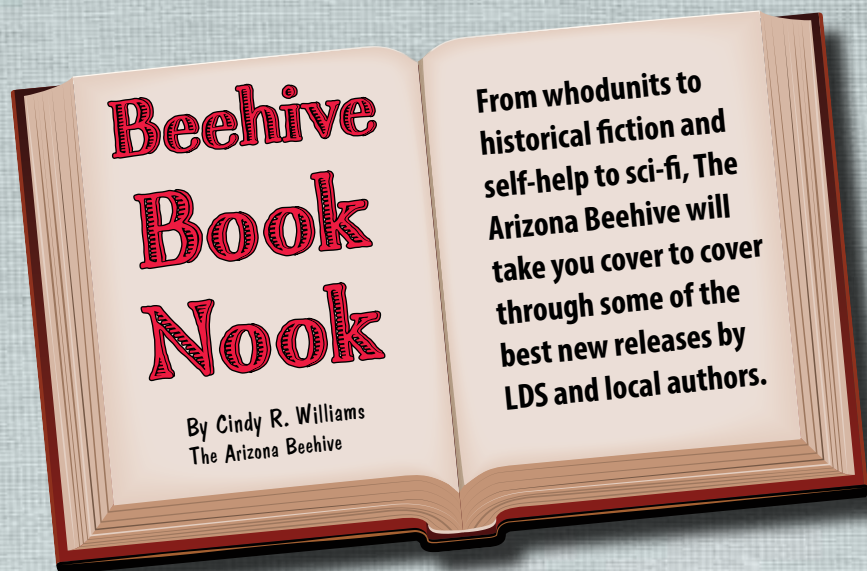
in the Christ that is to be," a hopeful, cheerful major chord appears.

- Have each family member share one weakness he or she feels ready to strengthen.

Discuss and make note of how the rest of the family can be supportive.

The Lord wants us to be free—free to use the talents He has bestowed upon us and free from the shackles of sin and emotional bondage.

Let's humbly accept disabilities and courageously embrace possibilities as we ring in the Christ in our homes and beyond, this year more than ever.



BATTLEMENTALS: Pounce and the Riddle of Fire

Author Randy Lindsay Releases Exciting
Middle Grade Adventure Story

LDS author Randy Lindsay's new book *Battlementals: Pounce and the Riddle of Fire* is an adventure that will enthrall middle grade readers and capture their imagination.

Brock Boher, author of *The Charity Chip*, says, "Follow Pounce on his quest to solve the riddle of fire and you will find yourself laughing at the unique characters, mystified by the strange world, and captivated by the epic adventure. This is one journey you don't want to miss."

The second book in the *Battlementals*

series brings a page-turning, coming-of-age fantasy adventure. Parents looking for a good read for middle graders will find *Pounce and the Riddle of Fire* captivating. It is written in the style of

Brandon Mull's *Fablehaven* and Rick Riordan's *Percy Jackson and the Lightning Thief*.

The back of the book summary follows:

"Pounce is the son of the tiger-folk chieftain. When his honor is challenged, Pounce must prove he is worthy to take over for his father someday. He is given a grand quest to earn his name of maturity and the right of leadership, but it seems impossible. How could

anyone find the lost Saber tribes of the Eastern Jungle? And if he doesn't, he'll be banished forever.

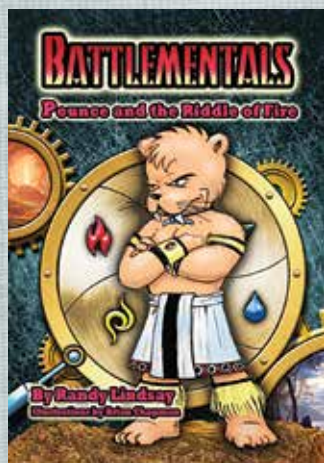
With no other choice, Pounce begins his journey across the treacherous realm of Fire, but soon finds he is not alone. A human girl with a secret and two gazelle-folk trying to get to the city of Torch View decide to join him. Danger lurks around every bend and the four unlikely companions find themselves battling elemental monsters and Fire creatures. Unable to turn back, Pounce must rely on the help of his new friends to uncover the secret of the Riddle of Fire and continue his quest. When

lives are on the line, will Pounce have the strength and courage to finish the quest or will he fail and be banished from the friends and family that he loves?"

Author of *In Too Deep*, Jennifer

K. Clark calls the novel "[a]nother memorizing journey into the world of *Battlementals*. With fascinating characters and a well-crafted adventure, Randy Lindsay keeps you turning pages in a tale that will draw you into and hold you until the very end."

Battlementals: Pounce and the Riddle of Fire is available on Amazon.



Cover design for *Pounce and the Riddle of Fire*, by Steve Crompton



Photo courtesy of Randy Lindsay
Author Randy Lindsay

ARIZONA'S BOSS HOG



Waldo's Frank Estadt Cooks Up Family-Friendly Bar-B-Que

By Allison Beckert
The Arizona Beehive

Mesa knows BBQ, particularly when it comes from trucks painted with a jolly hog wearing a chef's hat. The smell of the Waldo's BBQ smoker in city parades is a staple of patriotic holidays. The pig's delicious wares have spread across the state, and the man behind it gives as much energy to Waldo's as the grinning mascot.

Frank Estadt, owner of Waldo's, is a transplant from Florida. He majored in English at Duke University, hoping to teach. While a student teacher, he realized he didn't love the work as expected. He applied his degree another way, taking a copy-editing position in Arizona when he was just 22.

The opportunities here were more than he could have foreseen. With time on his hands in the evenings, he took a second job waiting tables. That choice led to a much-improved social life. Among his friends from the restaurant was a young woman who later became his wife. Not too shabby for a second job!

He and another friend caught a stronger interest in the restaurant business.

"One of my buddies and me," he remembers, "thought we'd be partners and did that eventually. Bought Isabella's in 2003." They did well in their partnership, later selling for three times what they'd paid. After that success,

Frank recalls, "I was looking to get into something bigger, and that's part of what brought me to Waldo's."

Frank joined Waldo's as manager. He worked closely with Clay Caldwell, later becoming a partner.

"We made good partners," says Frank, "because Clay's a great idea man. He taught me to have ideas and try them all, see which one sticks. Don't be too sad about ones that don't work."

When hired in 2005, Frank applied his strength in fiscal management. Recognizing

Frank's influence on the bottom line, Clay gave him more control of the restaurant.

"It can be tough to turn your baby over to someone," Frank says, and Clay gave the whole project over when he retired.

Waldo's has grown under Frank's ownership. He reflected on his experiences and how this industry is different than he expected. His first restaurant, he says, taught him the value



Photo by The Arizona Beehive

Pulled pork deliciousness

of skilled workers – and to let those workers own their roles.

Owning a restaurant means "not to be so involved you're the guy washing dishes," he says. "If you're always in your business, you don't have time to work on your business."

These days, Frank focuses on quality staff and expansion opportunities. The exciting project now is Waldo's new Gilbert location on Williams Field and Val Vista, where weekday entertainment pairs with Waldo's already excellent food into a lively, family-friendly social hub.

(480) 807-1645

WaldosBarbeque.com



Photo by The Arizona Beehive

P.E.T.A. shirt from Waldo's merchandise collection



Gilbert location patio.

Photo by The Arizona Beehive

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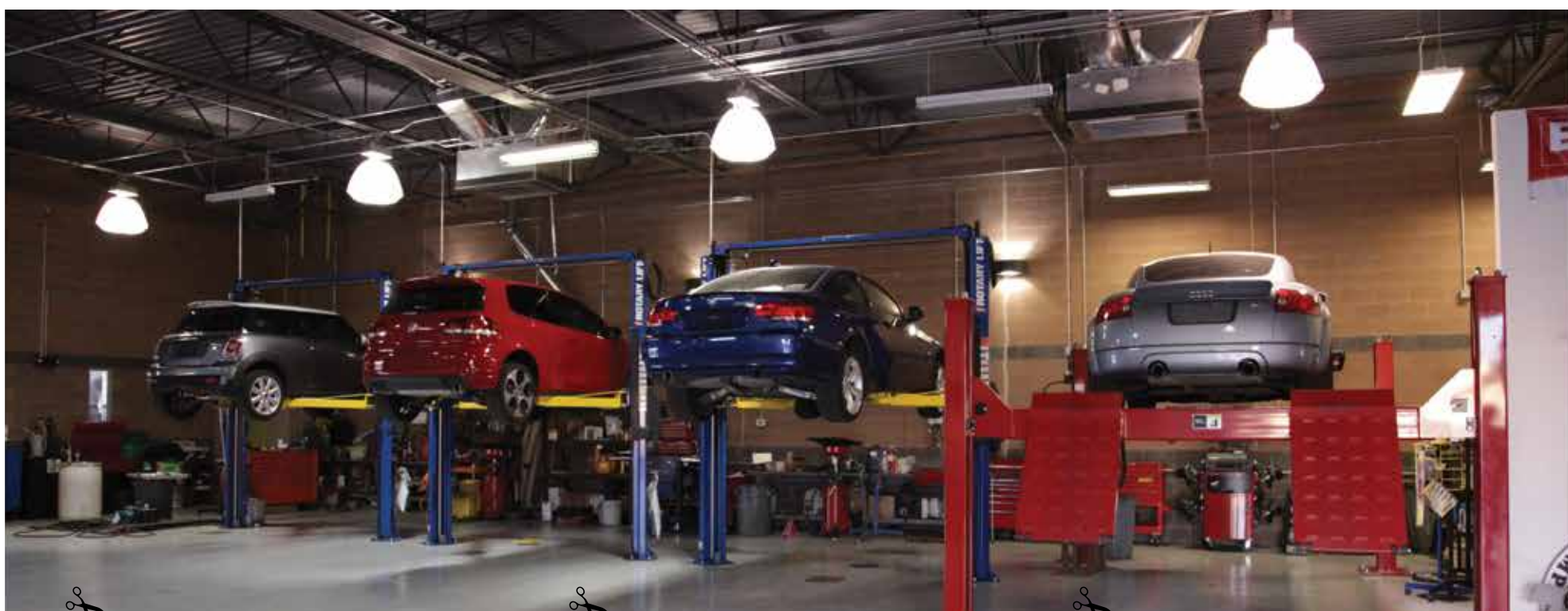
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COOKING WITH the BEEHIVE

By Rachael Fuller
The Arizona Beehive

I Heart Pretzels!

I love carbs. As a diabetic, I do not get to eat nearly as many carbs as I'd like—so when I am going to splurge, I splurge big. For me there is no better splurge than a deliciously warm pretzel straight out of the oven. Pretzels may sound tough, but this is a super fun and simple recipe.

Pretzel Dough

Recipe adapted from Alton Brown's *Good Eats*

INGREDIENTS

- 12 ounces of warm water, approx 110 degrees
- 1 tablespoon of sugar
- 2 teaspoons of salt
- 2 ¼ teaspoons or ¼ ounce of active dry yeast
- 22 ounces of all-purpose flour
- 2 ounces of butter, melted
- 6 cups of water
- ½ cup of baking soda
- 1 beaten egg yolk mixed with 1 tablespoon water
- Pretzel salt or coarse sea salt as needed

DIRECTIONS

1. Pre-heat oven to 450 degrees.
2. Combine water, sugar, salt in a mixing bowl. Sprinkle yeast on top and allow to foam for about 5 minutes.
3. Add melted butter and flour into mixer, and mix with dough hook for about 4 minutes. The dough will ball up and help clean the sides of the bowl for you—that's a good sign.
4. Spray a mixing bowl and transfer the dough to that bowl. Cover with plastic wrap and proof in a warm environment for up to an hour. *Baking tip: Spray the top of the dough with pan spray before wrapping in plastic wrap. This prevents the dough from sticking to the plastic wrap.
5. Once your dough has proofed, bring water and baking soda to a quick boil to dissolve, then turn off.
6. Portion the dough into 170g for pretzels, 85g for buns. Shape as you wish—perhaps a heart for Valentine's Day or a clover for St. Patty's!
7. Dip your pretzels into the baking soda solution and let sit for about 10-15 seconds. Transfer soaked pretzels onto a baking steel with parchment paper or baking stone or parchment-lined baking sheet and brush with egg mixture and coat with pretzel salt.
8. Bake for approximately 12 minutes until golden brown, and rest for about 3 minutes.



Photo by Blake Fuller

Pretzels are a fun and easy snack.



Photo via CreativeCommons

The hook extension on your mixer helps make a more consistent, well-mixed dough.

Stylish & PRACTICAL

Clutter-Free and Classy Capsule Wardrobes

By Merry Gordon
The Arizona Beehive

Frugal fashionistas always look for ways to make their dollar stretch a little further. This is hardly new. In the 1970s, designer Susie Faux coined the term “capsule wardrobe,” a closet reduced to indispensable, timeless articles of clothing that could be worn over multiple seasons and brightened up with a new statement piece, or an accessory or two. Stylish and practical, the capsule wardrobe concept remains popular 40 years later. For a little less effort to your elegance, consider these starter



Photo via Pxhere

Cluttered closet? A capsule wardrobe will help.

tips to build a capsule wardrobe.

#1: Clean Your Closets

Ideally, you want to pare down your current wardrobe to about 30 pieces that work for you. If there's anything in your closet you haven't worn for over a year, let it go. What you choose to keep and toss may vary by circumstance (for example, new moms may opt for adaptability and comfort while women who work outside the home may need to dress up their look a little more). Of the 30 pieces, some staples remain: a pair of stylish, well-fitting jeans, t-shirts in neutral col-

ors, a white blouse, a black blazer, both heels and flats, tailored pants and of course, the little black dress. Versatility is key—add a pearl choker, your blazer, and a clutch to dress up a denim and white blouse combo, or play it casual by adding a baseball cap and sneakers instead, for example.

#2: Buy Seasonally, Buy Smart

In Arizona, we're blessed—mild winters and warm springs mean we can embrace a little less seasonal change, and our staple clothing items go far. Still, you don't want to be stuck with sweaters in May, so it's best to shop a little before each season for new pieces you might need to add to your basics. When buying, consider the following:

- How much do I want to spend?
- Set a budget for yourself and a limit to your clothing purchases. Many peo-



Photo via iStockPhoto.com

With the right accessories, a black blazer looks casually elegant.

ple have a “one in/one out” rule for their closets, meaning that for every new article of clothing they purchase, they have to get rid of another. Also, think about where you'll do your shopping. Sure, everyone wants to hit the boutiques, but sometimes you can

Continued on pg. 27

And He Laid His Hands on Them...

Giving Back

By Emily Jex Boyle
The Arizona Beehive

AZBrainfood Founder Ruth Collins, Feeds Hungry School Children



On Thursday mornings at a storehouse on McKellips Road in north Mesa, volunteers line up along big bins, filling plastic bags full of juices, granola bars, and macaroni and cheese while upbeat music plays in the background. They're filling weekend care packages for hungry children who will likely not eat outside of school hours or on weekends.

AZBrainfood seeks to help them.

The organization, in its 9th year, serves 3,600 children in 115 schools across 6 local school districts in Mesa, Gilbert, Chandler, Tempe, Fountain Hills, and Scottsdale.

Ruth Collins, founder, never

imagined it would grow as it did.

Ruth tells of a day a few years ago that inspired her to start AZBrainfood: "I made it my subject of my prayers. I just said, 'I have time, what do You want me to do? After I have taken care of my kids and my church and the necessities, then what do You want me to do?'"

It wasn't long, Ruth says, before she found her answer while talking to a teacher one day in Mesa. He told her about the struggles with kids coming to school hungry on Monday morning. Some children got free breakfast and lunch during the school week, but on the weekends, a certain percentage wouldn't have food. On Monday mornings, he would get these kids fed,

taking time away from his teaching and money out of his pocket. Ruth, stunned, found similar issues elsewhere.

Ruth says at that point, she felt she found the answer to her prayers.

Collaborating with family and friends, they put together a "little food bag program" for kids. They put in some money and started in the fall of 2009. More money came than was expected, so they started at two schools serving 100 kids. Ruth says, "I did not know if I was going to feed 4 or 40."

The project expanded into AZBrainfood, so called because the goal reaches beyond food to get students educated. Children do so much better in school, Ruth explains, if they have good nutri-

tion and are not thinking about empty bellies or stressing about where their next meal is coming from.

Reasons such as these, Ruth says, are why students skip school early on at this age, causing them to fall behind and potentially drop out. AZBrainfood wants to encourage students to stay in school and help break the poverty cycle.

Individual donors, grants, corporate sponsorships fuel AZBrainfood, a privately-funded charity. Each year, tax credit donations are accepted until April 15th.

Here, Ruth says, "Everybody's a volunteer. . . . I feel like it is an orga-

Continued on pg. 27

A Goal To End Homelessness

By Robin Finlinson
The Arizona Beehive

The Healthy Giving Council Of Phoenix has a Better Way to Help the Homeless

Looking for a better way for your family, friends or ward members to help people experiencing homelessness?

The Healthy Giving Council of Phoenix would like to help you help the homeless. The council consists of neighborhood residents, currently and formerly homeless individuals, faith groups, nonprofit agencies, and officials from the City of Phoenix and Maricopa County.

When good-hearted people give food and other items directly to people who are homeless, they may not realize they are drawing them away from resources best equipped to truly assist them. Many receivers have serious needs not solved by disconnected relationships and well-intended handouts from passing cars.

The Healthy Giving Council seeks to bridge this gap at the Human Services Campus in downtown Phoenix at 204 S. 12th Avenue. Numerous charitable agencies, including St. Vincent de Paul, Circle the City, and Lodestar Day Resource Center, are represented here.

Elder C. Dale Willis, Jr., an Area Seventy whose assignment includes LDS Public Affairs for the Metro Phoenix area, recently offered a statement regarding this challenging situation. He said, "[T]he City of Phoenix and its charitable partners have asked the Church and others to help them

spread the word, kindly asking caring people to direct their donations of time and material goods to a charity of their choice, instead of directly to the homeless on the streets.... Last year during the holidays, many generous people drove to downtown Phoenix on their own initiative and passed out food, clothing and gifts to the homeless. You might be surprised to know how much of it was dropped and left behind to spoil and pile up on the streets, creating major health, safety and garbage problems for the police and other responders."

Phoenix cannot keep up with the paper, plastic, Styrofoam and unused food left on the streets after handouts are given, particularly on weekends.

Furthermore, the homeless are among the most vulnerable populations. Meeting with professionals and addressing issues can be uncomfortable, and some homeless people will avoid it as long as they can get by on donations—a situation that just prolongs their homelessness.

The Campus hopes to alleviate these issues of waste and cyclical vagrancy. "We have a goal to end homelessness," states Marc Landry, Campus Head of Security and member of the Chandler West Stake. "From a client's standpoint, we have everything they need. It's a safe environment. The clients are safe; the volunteers are safe. Everybody wins."

Steve Davis, Campus Director of

Development, adds, "We have several states coming to visit us as a national model." He adds, "We have a great working relationship with the Phoenix Police Department."

The Campus welcomes almost 1,000 homeless clients each day for 20 different services, such as job training. St. Joseph the Worker, one onsite agency, helped 3,900 people find employment in 2017.

Assistance is available for substance addiction, mental health issues, and benefits applications. Physical and dental healthcare are also offered. Soon a 50-bed respite center will be added for those at the facing end-of-life circumstances.

The Campus's main shelter sleeps about 470 single individuals each night, and an overflow area can house an additional 250.

An onsite urban farm grows fresh fruit and vegetables that are then prepared in the commercial kitchen and served as part of many of the three meals provided every day to approximately 600 individuals.

Any homeless person may receive food at the Campus welcome gate and a place to sleep in the overflow shelter. Across the street, another partnering agency, Foothills Community Services' The Bridge, sets up in a parking lot and provides breakfast and clean-up on Sundays. Dietary restrictions of clients with diabetes and other concerns can be



Photo by Robin Finlinson

The Human Services Campus in downtown Phoenix provides 20 different services to people experiencing homelessness.

professionally handled at the Campus.

Homeless clients can register for a campus I.D. card, develop relationships of trust, and receive help that can change the trajectory of their lives.

The card not only grants them access to campus, but to help from many local social service agencies. These agencies provide quality environments where homeless individuals can meet together, be evaluated by professionals, and be sustainably assisted.

Clients can also receive other forms of identification that will allow them to rent an apartment and be hired for a job. Thanks to the I.D. card, the homeless can even receive mail at the Campus post office.

Volunteerism is common during the holidays, but help is particularly needed in the months that follow, and in the summer.

The best way to find volunteer opportunities and specific item donations needed by professional agencies helping the homeless around the Valley, including several with representation at the Human Services Campus, is to log onto www.justserve.org.

CELEBRATE BLACK HISTORY MONTH

DISCOVERING AFRICAN AMERICAN GENEALOGY

February is designated as Black History Month, a time to celebrate and honor the history and contributions of African Americans. The Association for the Study of African American Life and History (ASALH) theme for 2018 is “African Americans in Times of War,” honoring brave men and women who served their country in the armed forces. It commemorates 100 years since the end of the First World War in 1918.

Activities and events planned across the country will provide African American families opportunities to reflect on their heritage and the sacrifices of ancestors who served in the armed forces.

Researching one’s Black heritage has become easier since 2015, when the Church acquired copies of

post-Civil War records created by the Freedmen’s Bureau.

Emancipation freed nearly 4 million slaves, and this bureau was set up to help transition them out of slavery.

It provided food, housing, education, and medical care. It also solemnized marriages, provided legal representation, and helped manage land disputes. In some cases, for the first time in U.S. history, it meant the names of these individuals were recorded for posterity.

Ken Nelson, a Civil War Era Record Specialist for FamilySearch, said, “Within the records of the bureau are

names of that first generation of African Americans to experience freedom.”

Making these records assessable became high priority. It had taken 11 years to digitize ten percent of the records, but after an indexing initia-

tive in June of 2015, it took only one year for volunteers to finish the other 90 percent! To accomplish this objective, FamilySearch joined efforts with the Smithsonian National Museum of African American History and Culture, the Afro-American Historical and Genealogical Society, and the California African American Museum.

Over 25 thousand volunteers indexed nearly 1.8 million names of men, women, and children that are now searchable online. Millions can find their ancestors and build their family trees at FamilySearch.org. Records include military, census, vital records, slave ownership records, and bank records. Black family history research guides and instructional videos are also available for researchers.

The records are also now a part of the Smithsonian’s National Museum of African American History and Culture in Washington, D.C. Elder D. Todd Christofferson presented the database to the museum after the project’s completion. He said, “Countless African

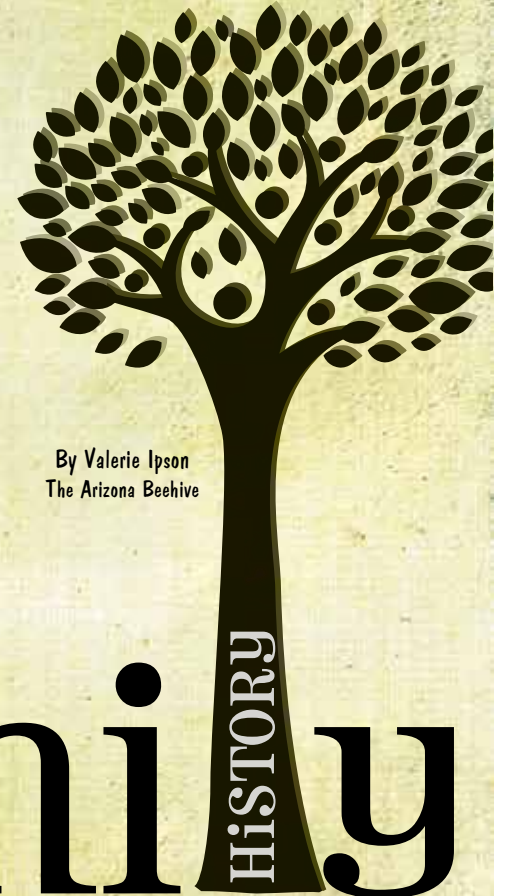
Americans can now trace their family history and shine the light on their courageous ancestors.”

Visit DiscoverFreedmen.org for records, histories and stories, as well as volunteer opportunities with related projects.



Photo courtesy CC BY 2.0 by Yale Collection of American Literature, Beinecke Rare Book and Manuscript Library

African American genealogy has become easier through the Church’s acquisition of Freedmen’s Bureau records in 2015.



By Valerie Ipson
The Arizona Beehive

Family

AZBrainFood Continued from pg. 26

nized neighborhood, [an] organized community. There is no paid staff; everybody in it is helping to make the community better.”

The program has grown through word-of-mouth. “Almost every school in Mesa has kids that take these bags. . . . everybody has a story about the kid who receives a bag and how they have seen it working,” Ruth says.

Participating schools have liaisons that work with the teachers, students

and staff. There is also a position at the school, either a family liaison or social liaison, tasked with identifying specific families that need help.

“The thing that surprised me is the attitude at the schools has changed, which is awesome,” Ruth says. “Before, the schools had nowhere to send their kids to with this challenge. Now, everybody’s kind of on the lookout [and] the kids that need some extra attention are now getting it.”

Visit www.azbrainfood.org to get involved.

Capsule Wardrobes Continued from pg. 25

find equally incredible deals at Goodwill or Deseret Industries. Another way to stretch your style is to host a clothing swap with friends.

- Will it match, and how often will I wear it?

That lime green and fuchsia floral print wrap-around blouse with the shoulder ties is adorable, but think realistically. Complicated wardrobe items aren’t ones that get worn frequently. Also, statement pieces

are a bonus in any closet, but when going minimalist, consider neutrals or at least a color family for your accents so that they can be paired with more than one outfit. Remember that the goal is to get the most bang for your buck. Don’t sacrifice quality for price, though—you need to have items that will last multiple seasons.

The minimalist wardrobe approach isn’t for everyone, but if you’re short on money and space, it’s a great way to keep your style simple and classy.

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Adam & Eve—The First Hunters and Gatherers

By Grant Grayson, Medicine & Health Forum

When Adam and Eve were cast out of the Garden they became the world's first hunters and gatherers:

"Cursed is the ground for thy sake . . . in sorrow shalt thou eat of it all the days of thy life... and thou shalt eat the herb of the field. . . In the sweat of thy face shalt thou eat bread, ... Therefore the Lord God sent them forth from the garden of Eden to till the ground ..."
(Genesis 3: 17-19, 23).

As their progeny and the progeny of our later ancestors we have inherited their metabolisms. Scientists call this inheritance our "ancestral" metabolism.

In order to survive our early ancestors had to work or "exercise" to get their food. They had to walk and reach and bend and push and pull and lift to obtain the food nature provided them.

The food they ate was food of the earth filled with life enriching vitamins, minerals, amino and essential fatty acids — grains, vegetables, fruit, honey and lean meats from fowl, fish and other foraging animals.

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We've Inherited the Genes of Our Ancestors

Our ancestors who were more starvation resistant than others (the best storers and retainers of fat) survived and passed their fat-storing genetic code on to us.

A Diet Rich in White Food Wrecks Havoc

Today we no longer have to hunt and gather for our food. It's prepared for us so our natural motivation to exercise no longer exists. The majority of the food we eat is white food — refined flour and table sugar in the form of pastries, cake, pie, soft drinks, etc. — and meats overly high in saturated fat.

Dieting Triggers Our Brain's Protective Mechanism Against Starvation

As a result we gain weight and get fatter and fatter. This fat is hard to lose. To lose it many of us go on low-calorie, near starvation diets. We think if we reduce calories our body will begin to rid itself of excess fat.

Yet, the opposite happens. Dieting triggers our brain's protective mechanism against starvation. We become tired and lethargic — we don't want to move. Our cravings for quick energy, sugar-based foods intensify. All the while we are losing weight. But what kind of weight? Fat?

Our Brain Cannibalizes Our Body's Muscles

Most of the weight we lose when we diet is water and lean muscle tissue. Our brain cannibalizes our body's muscles in order to survive. It converts muscle tissue (protein) into glucose (sugar) for energy (gluconeogenesis).

We begin to waste away. This wasting-away shows up on the scale and is deceptive.

This is a double tragedy because we need lean muscle to burn fat. Lean muscle produces fat-combusting enzymes. When we lose muscle we further lose our ability to burn fat and we get fatter and fatter.

Our Cravings Eventually Overwhelm Us

We can only "starve" ourselves for so long on low-calorie diets. Our cravings for quick energy eventually overwhelm us. We binge and go back to our old white-food eating habits. Our brain wants to protect us against further bouts of starvation so it adds another 10 or more pounds of fat reserves to our body.

A Vicious Downward Spiral in Our Lives

This diet-lose weight-gain it all back-plus some becomes a vicious downward spiral in our lives. It seems the less we eat the fatter we become.

The vast majority of us live our lives in starvation mode. As a result we're tired. We don't want to move. We're constantly hungry with powerful cravings for sugar and quick-energy food . . . We're depressed . . . We think we're destined to be overweight for the rest of our lives . . . It seems like there's no way out.

Eat Plenteous Amounts of Healthy Food

Yet, there is a way out. It's simple and easy-to-understand and do. You can break this pernicious, self-defeating cycle by eating plenteous and bounteous amounts of healthy food — the same kind of food available to our early ancestors — not food produced by mass market processors and in chemical laboratories.

When you eat good food to full satisfaction your brain perceives you're now longer starving. When your brain feels no longer threatened by starvation it readily and quickly gives up its fat stores.

You begin to lose all of the excess fat your body no longer needs. In a short while you're lean, healthy, happy and energetic.

400 LDS Women Lose Weight and Keep It Off in BYU Study—By Eating, Not Dieting

This is what Garth Fisher, PhD, founder of the

prestigious BYU Human Performance Research Center, discovered. He helped more than 400 overweight LDS women lose weight and keep it off for good by eating, not dieting.

Dr. Fisher then joined forces with Steve DeVore who was doing research on human performance and self-motivation at the famed Stanford University Neuropsychology Laboratory.

Together they created an easy-to-follow, step-by-step audio and study guide-based weight loss course called "The Neuropsychology of Weight Control" (NPWC).

It was quickly adopted and used by over 1.3 million people, worldwide, with amazing results.

Dr. Fisher and Steve DeVore wanted to make the program even better. So they surveyed and interviewed the most successful of their 1.3 million NPWC followers to learn how and why they were successful.

New Weight Control Program Emerges

This new information became the foundation for a more powerfully effective weight control program called "The New Neuropsychology of Weight Control."

Dr. Fisher and Steve DeVore believe there is only one way to lose excess body fat — to re-create a body that is lean and healthy and energetic — and a life that is emotion and relationship-rich and joyous.

Focus Your New Found Confidence and Energy on Fulfilling Your Destiny

The master key to this new life is to feed your body, mind and spirit with plenteous and bounteous amounts of healthy food — to live in harmony with your genetically inherited metabolism and to focus your new found confidence and energy on fulfilling your life's mission and destiny— whatever it is — instead of focusing on your primitive, fat-storing survival needs.

Lose All the Excess Weight That Has Been Holding You Back

Our problem with being overweight is the metabolism we inherited from our ancient ancestors has been misplaced in a time and age that provides us with unhealthy food without the expenditure of effort.

With the knowledge that eating, not dieting, is the key to a lean, energetic and healthy life, with "The New Neuropsychology of Weight Control" program you can finally lose all of the excess weight that has been

To Learn More About "The New Neuropsychology of Weight Control" Visit
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BYU ALUMNI
Phoenix Arizona Chapter





Phoenix temple

Photo courtesy of Karyann Hoopes

I Love To See The Temple

LDS Photographer Karyann Hoopes Shares Her Love for Temples and the Gospel

By Katherine Ogden
The Arizona Beehive

Famous people often deal with super-fans and devotees—but did you ever think about LDS temples having super-fans? They do, and temple photographer Karyann Hoopes of the San Tan Heights Ward, in the Queen Creek South Stake, is one of them.

Karyann Hoopes is a mother of three, a BYU-Idaho graduate, and a wedding & portrait photographer. She is also part of a larger group of 18 temple photographers, and has photographed 37 temples this year alone.

“My first experience with LDS temples was at the San Diego Temple open house, in 1993. This led to a desire to learn more about the Church of Jesus Christ of Latter-day Saints, and I joined the church a year later, at the age of seventeen,” says Karyann. “My love for temples has grown into a passion to photograph them. I love to learn about the temples and the stories of how people are connected to the temples.”

What originally started off as a Facebook group has now turned into an active mentoring group. Fellow photographer Brother Alan Fullmer, of Cedar Hills, Utah, assembled the group to help others fine tune their skills and showcase each other’s talents. Other purposes for the group were to spread the



Photo courtesy of Karyann Hoopes
Karyann Hoopes, photographer.

gospel through a worldwide network of temple photographers and to encourage having a temple picture in every home.

“Alan and I have talked about the value of helping each other,” says Karyann. “We both have a mutual feeling that friends and loyalty are more important than making a dollar.”

Their next big project will be the Mesa Arizona Temple before its closure in spring of 2018. They plan to photograph the Gilbert and Tucson Temples as well, while everyone is gathered in the same area.

“It’s remarkable to be with people who share your values, hobbies and love for the Savior. Being able to share my experiences as I feel the

Spirit is what I feel we are asked to do. If I can have a little part in strengthening others’ testimonies, then I am doing the Lord’s work,” says Karyann.

“I love to travel to temples to spend time and feel the spirit but also capture the details of the temple for those that can’t see it or travel to it. Miracles have happened as I share my talent and time with the temples.”

You can learn more about Karyann’s work at <http://www.hoopesphotography.com> and www.havenlight.com.

Prep Your Missionary Continued from pg. 17

in the Lord’s help. Instruction at the MTC centers on seeing others the way God sees them. While it’s easy to see how a mission benefits the missionary, don’t let this distract from your true purpose in serving.

All MTC instruction is sourced from the standard works and the inspired teachings of Latter-day prophets. Before reporting, you have access to these resources through LDS.org, missionary preparation classes, and local leadership. Your MTC experience will be more effective if you commit to becoming familiar with the scriptures before reporting for training.

Sister Harkleroad recalls being one of the missionaries in her classes who had invested time to

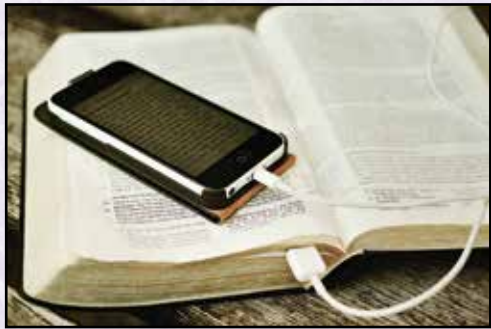


Photo by: Pixabay

Scripture study is an expectation at the MTC.

gain a strong understanding of the scriptures.

“Really read the standard works,” she suggests, when asked what she wished she knew before entering the MTC. “Even if you just get a grip on the stories in them and where they’re at. That would have made studying so much easier.”

The purpose of a mission is not to make you a scripture scholar. All knowledge, skills, and talents you bring or gain on your mission better equip you to serve His children in His way.

The Church operates 15 MTCs worldwide. For info on the Provo, UT MTC, visit www.mtc.byu.edu.

VALLEY TEMPLE SCHEDULES

Mesa Arizona Temple

101 S. LeSueur, Mesa, AZ, 852014
(480) 833-1211

Services

Clothing rental available, Cafeteria available, no patron housing available
Distribution center: 451 E 2nd Ave, Mesa

Endowment Sessions

Tuesday – Saturday, every 30 minutes from 5:30am – 7:30pm
ASL: 3rd Saturday, 11:00am
Spanish: Thursday, 7:30pm; Saturday, 6:00am, 8:30am

2018 Temple Closures

Tuesday, March 20, 2018 – Saturday, March 24, 2018 (Limited Hours)
Tuesday, March 27, 2018 – Friday, March 30, 2018 (Limited Hours)
Saturday, March 31, 2018
Sunday, May 20, 2018 – Thursday, December 31, 2020

Gilbert Arizona Temple

3301 S. Greenfield Rd, Gilbert, AZ, 85297
(480) 822-5000

Services

No clothing rental, no cafeteria, no patron housing available
Distribution center: Inside nearby Deseret Book Store:
2894 S. San Tan Village Pkwy #103, Gilbert

Endowment Sessions

Tuesday - Saturday: Every 45 minutes from 5:30am – 7:00pm
Last daily session at 7:30pm
Spanish Sessions: Tuesday, 7:30pm; Saturday, 8:30am

2018 Temple Closures

Monday, March 12, 2018 – Monday, March 26, 2018
Saturday, March 31, 2018
Tuesday, July 3, 2018 – Wednesday, July 4, 2018
Monday, October 1, 2018 – Monday, October 15, 2018
Wednesday, November 21, 2018 (Limited Hours)
Thursday, November 22, 2018
Tuesday, December 25, 2018
Wednesday, December 26, 2018

Phoenix Arizona Temple

5220 W. Pinnacle Peak Road, Phoenix, AZ 85301
(623) 474-9500

Services

No clothing rental, no cafeteria, no patron housing available
No distribution center nearby

Endowment Sessions

Tuesday a.m.: 7:30am, 9:00am, 10:30am
Tuesday p.m.: 4:30pm, 6:00pm, 7:30pm
Wednesday a.m.: 6:00am, 7:30am, 9:00am, 10:30am
Wednesday p.m.: 4:30pm, 6:00pm, 7:30pm
Thursday a.m.: 7:30am, 9:00am, 10:30am
Thursday p.m.: 4:30pm, 6:00pm, 7:30pm
Friday a.m.: 7:30am, 9:00am, 10:30am
Friday p.m.: 12:00pm, 1:30pm, 3:00pm, 4:30pm, 6:00pm, 7:30pm
Saturday a.m.: 6:00am, 7:30am, 9:00am, 10:30am,
Saturday p.m.: 12:00pm, 1:30pm, 3:00pm, 4:30pm, 6:00pm
Spanish Sessions: Tuesday, 7:30pm; Saturday, 7:30am

2018 Temple Closures

Saturday, March 31, 2018
Monday, May 14, 2018 – Monday, May 28, 2018
Wednesday, July 4, 2018
Saturday, October 6, 2018
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Monday, December 3, 2018 – Monday, December 17, 2018
Tuesday, December 25, 2018

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